



Vol. 46, No. 7 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, Feb. 25, 2005

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Just another routine 'tune-up'



photo by Master Sgt. Val Gempis

Staff Sgt. Michele Stumm, a broadcast maintenance technician from Operating Location-C, Air Force News, checks the audio output levels of Scoop Reporter II, a piece of back-up equipment for two-way signal transmission between radio studio and transmitter, during routine inspection. The mission of OL-C is to provide support for American Forces Network-Tokyo and all other Air Force broadcast detachments in the Pacific theater.

Base slashes DUI rate

Efforts create 56 percent reduction

By 1st Lt. Ben Alumbaugh
374th Airlift Wing public affairs

Yokota Air Base reduced the number of drinking and driving incidents in 2004 by more than 50 percent in comparison to the previous year. After the wing commander implemented a completely revamped drinking and driving policy, the base tallied only 20 Driving Under Influences in 2004, compared to 46 in 2003.

"This level of improvement is unprecedented and the credit goes to our people: the NCOs, officers and Airman, who have made choices to be more responsible, and not drink and drive," said Col. Mark Schissler, 374th Airlift Wing commander.

As part of the new policy implemented last year, the commander invoked stiffer penalties for drinking offenses. Under the previous policy, a person would accumulate points for a DUI and lose driving privileges for up to 90 days. With the new policy, any person cited with a DUI would have his USFJ license revoked for six months to a year. Any person guilty of a DUI off base would lose their USFJ license for a minimum of one year.

"We simply raised awareness

through dialog and face-to-face involvement. We enforced the standard and made it more painful to get caught," said Chief Master Sgt. Robert Wicks, 374th Airlift Wing command chief master sergeant. "But we've stayed positive and focused on the goal throughout the year."

"Drinking and driving is a problem in both our military and civilian communities," said Chief Master Sgt. David Popp, Pacific Air Forces command chief. "It's great to see a base make such an effort. It speaks volumes about the caliber of the men and women at Yokota."

"Reducing the number of DUIs at Yokota was my number one goal as a commander last year," said Colonel Schissler. "It was an absolute team effort by everyone here in Samurai Country. In fact, every unit on base except one reduced their number of DUIs in 2004."

The wing commander offered three points every Airman must be aware of when alcohol is involved.

"First, you must be accountable to yourself. You were brought into the Air Force for your ability to think and be responsible," said the colonel. "You know full well that drinking and

driving is wrong. It threatens your career, your safety, and your life. Choose not to do it!"

"Second, you must be accountable to your friends and families. If they've had too much to drink, you must have the character and courage to take care of them. There's no excuse for losing a friend to a DUI. That's a mark that stays on the record of your conscience for a lifetime."

"Third, you must be accountable to the Air Force. The people you work with on a daily basis count on you, just as you count on them. Don't let them down by making an avoidable mistake."

"When you get into a car while you are intoxicated, you have no idea how it will turn out," added Chief Wicks. "If you make it home without an incident or worst, an accident, you're lucky. That gives people a false sense of security. Because when it turns bad, it's a catastrophe," the chief said. "The options are there for you, such as 225-RIDE. No one should ever get behind the wheel after drinking."

"We're not perfect, and we'll keep working on it," said Colonel Schissler. "But we have made tremendous strides since last January."

U.S. Special Olympians travel through Yokota

Community members welcome more than 280 coaches, athletes

By Airman 1st Class
Katie Thomas
Editor

The Air Mobility Command terminal along with dozens of Yokota Airmen welcomed nearly 300 special guests to Japan on Tuesday.

The U.S. Special Olympics team landed at Yokota while in transit to Nagano Prefecture for the 8th Annual Special Olympics World Winter Games.

The 730th Air Mobility Squadron, the First Term Airman Center and Route 56 helped organize a reception for the U.S. team. The reception included refresh-

ments and a receiving line after passing through customs. Yokota volunteers and AMC terminal Airmen also provided elbow grease to move baggage. Students from Department of Defense Dependents Schools here showed their support by displaying hand-made signs and posters.

"I would like to thank the Yokota community for the great turn-out welcoming the U.S. Special Olympians," said Gerald Morey, Route 56 president. "The athletes and coaches were speechless when they saw the great welcoming ceremony."

The 2005 winter games mark the first time Nagano has hosted

the Special Olympics. It is also the first time the teams have traveled through Yokota.

The winter games begin Saturday and continue through March 5. The U.S. teams will be traveling through Yokota on their departing flight back to the United States during the first week of March. The teams will participate in events such as snowboarding, snow shoeing, cross-country and Alpine skiing, speed and figure skating, and floor hockey.

More than 80 countries will be represented in the games. Nearly 1,900 athletes and 800 coaches will participate in the events.



photo by Airman 1st Class Katie Thomas

Yokota Airmen greet one of more than 280 U.S. Special Olympics participants during a reception held at the AMC terminal Tuesday.

Medals updated in MPF system

RANDOLPH AIR FORCE BASE, Texas (AFPN) – Air Force officials have completed a batch update to currently reflect award of the Korean Defense Service Medal and Global War on Terrorism-Expeditionary Medal in the military personnel data system.

Air Force Personnel Center officials here recently completed a mass decorations update for more than 69,000 active-duty Airmen who were permanently assigned to Korea, earning the Korean medal. An additional 114,000 updates for the expeditionary medal were completed for active-duty Airmen deployed to Southwest Asia supporting Operations Enduring Freedom or Iraqi Freedom since Sept. 11, 2001.

Airmen eligible to wear either medal can view their decoration history in virtual military personnel flight to verify the update was successful. They can contact their commander's support staff if they qualified for either decoration, but their decoration history was not updated. If the entitlement is verified, support staff Airmen will fax the appropriate letter to the AFPC contact center for update.

For more information on criteria for issue and wear of each medal, visit: www.afpc.randolph.af.mil/awards/Recently%20approved%20awards.htm, or call the AFPC contact center at (800) 616-3775.

For more information, call the Military Personnel Flight here at 225-XXXX. (Courtesy of AFPC News Service)

AF Assistance Fund campaign begins

Donations benefit Airmen, families throughout year

By Master Sgt. Edwin Holland
374th Airlift Wing Inspector General office

Yokota community members can show their "commitment to caring" during the annual Air Force Assistance Fund campaign.

The campaign raises money for various charitable organizations that provide support to Air Force active duty, retirees, reservists, guardsmen, dependents and surviving spouses.

The base's goal this year is to contact every Air Force member about the campaign.

The base would also like to top \$68,000 in donations to the fund. Yokota donated nearly \$65,000 in 2004, and more than \$190,000 was directly funded back to the base throughout the year.

Airmen can donate through May 5 to the fund.

People can contribute using cash, check, money order or payroll deduction to the following charities:

⇒ **The Air Force Aid Society.** AFAS provides Airmen and their families worldwide emergency financial assistance, education assistance and an array of base-level community-enhancement programs. Information is available online at www.afas.org.

⇒ **The Air Force Enlisted Village Indigent Widow's Fund.** The Air Force Enlisted Village, located in Fort Walton Beach, Fla. near Eglin Air Force Base, provides rent subsidy and other support to indigent widows and widowers of retired enlisted Airmen 55 and older. More information is available online at www.afenlistedwidows.org.

⇒ **The Air Force Village Indigent Widow's Fund.** Air Force Village is a life-care community in San Antonio for retired officers, spouses, widows or widowers and family members. The Air Force Village Web

site is www.airforcevillages.com.

⇒ **The General and Mrs. Curtis E. LeMay Foundation.** The foundation provides rent and financial assistance to indigent widows and widowers of officers and enlisted Airmen in their own homes and communities. The LeMay Foundation Web site is www.info@lemayfoundation.org.

"Ensuring the best care possible for our military personnel is the Air Force's number one priority and donating to the AFAF is a great return on this investment," said 2nd Lt. Christopher Pustka, AFAF campaign installation project officer with the 374th Aircraft Maintenance Squadron. "The grants and loans provided by each of these programs have helped our airmen and their families when they needed it most – after the loss of a loved one or when money was tight."

For more information or to make a contribution, call 225-2227 or 225-7262.

Twice-yearly TSP 'open season' limitations end July 1

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON (AFPN) – Defense Department civilians and servicemembers building tax-free retirement accounts through the Thrift Savings Plan soon will be able to change their investment options at any time instead of just twice a year.

Current biannual TSP "open season" investment-choice windows will end July 1, said officials.

Military people and civilians covered by the Civil Service Retirement System can contribute up to 10 percent of their paycheck to establish tax-free retirement accounts that grow from accumulated savings and investments in bonds, stocks and international funds.

Employees covered by the Federal Employees Retirement System can contribute up to 15 percent in 2005. From 2006 on, no limit will apply to any participants in TSP.

(Courtesy of Air Force Print News)

Scam targets families of servicemembers killed in action: WASHINGTON

(AFPN) – Officials with the Department of Homeland Security are warning the public about two new Iraq-related Internet scams.

"These new Internet fraud schemes are among the worst we have ever encountered," said Michael J. Garcia, assistant secretary of homeland security for immigration and customs enforcement. "Most troubling is the fact that some are targeting the relatives of U.S. Soldiers killed in Iraq. We are also concerned about the fact that these criminals are impersonating (Immigration and Customs Enforcement) agents and referring to ICE's official Web site in an effort to steal money from Americans who have lost loved ones."

NEWS AROUND THE AIR FORCE & PACAF

For these stories and more, visit Air Force Link at www.af.mil

Phone numbers change for Air Force civilian services: RANDOLPH AIR FORCE BASE, Texas (AFPN) – Current and potential civilian employees in overseas areas now have the same access to the Air Force Customer Service Center as stateside employees.

Employees can contact the Benefits and Entitlements Service Team automated phone systems by first dialing the toll-free direct access number for the country they are in then (800) 616-3775.

After March 31 the old BEST and internal employment numbers, (800) 997-2378 and local 527-2378, as well as the old external employment numbers at (800) 699-4473, local 527-2377, will no longer be available.

Battlelab gives armor 'thumbs up': MCGUIRE AIR FORCE BASE, N.J.

(AFPN) – Air Mobility Battlelab officials here recently completed their evaluation of a life-saving vehicle armor kit produced by the Army.

The Armor Survivability Kit was designed by experts from the U.S. Army Tank-Automotive and Armaments Command. The kit provides protection from a range of threats in order to increase the survivability of the vehicle's passengers.

Battlelab officials said they searched for a light, efficient armor kit as a short-term fix to the current version of the highly mobile multi-purpose wheeled vehicle, which lacks the better suspension, transmission and a ton or so of armor that the "up-armored" Humvee has.

AD

Prayer luncheon highlights American values

PACAF chaplain featured at annual event

By Senior Airman Edward Drew
374th Maintenance Squadron

Community members joined in a national day of prayer Feb. 17 at the Enlisted Club.

The National Prayer Luncheon is an annual event where various religious groups meet to pray. The event is held in concert with the Presidential Prayer Luncheon in Washington, D.C.

The luncheons hold the belief that American values and the American way of life cannot be sustained

without help from a higher power.

The National Prayer Luncheon here featured a scripture reading in Hebrew from Dr. Wilma Greenfield, Family Advocacy, and a new testament reading from Chaplain (Maj.) Jacek Kowalik, Yokota's new Catholic priest. A moment of silence preceded a prayer for the United States' leaders, military members and the citizens.

The guest speaker for the event was Chaplain (Col.) Brian Van Sickle, Pacific Air Forces

Command Chaplain. He provides advice to the Commander of the Pacific Air Forces regarding all spirituality and religious beliefs for its 45,000 Air Force personnel and family. He is also responsible for all executive decisions in the Pacific Air Forces with regard to religion and faith. Chaplain Van Sickle oversees religious matters in 111 chaplain services, nine wings and the use of \$15 million in religious facilities with a religious program that exceeds \$3 million annually.



photo by Senior Airman Edward Drew

Yokota community members hold a moment of silence during the annual National Prayer Luncheon at the Enlisted Club Feb. 17.

Wing IG garners PACAF props for contributions

Samurai team to compete at Air Force level for recognition

By Airman 1st Class Katie Thomas
Editor

The 374th Airlift Wing Inspector General office recently received some good news from Headquarters Pacific Air Forces.

The office won the 2004 PACAF John P. Flynn Award for providing outstanding service and contributions to the Air Force mission, said Col. Michael Koster, wing inspector general.

Col. Jerry Siegel, PACAF Inspector General office, presented the award on be-

half of Gen. Paul Hester, PACAF commander, Lt. Gen. Gene Renuart, PACAF vice commander.

The wing IG office dropped complaints by 12 percent and investigations by 80 percent in 2004, said Colonel Koster. The office also launched a local publicity campaign that included television and radio commercials, and quarterly articles in the base newspaper. They networked with IG offices at other bases and conducted several training classes to increase the office's service and efficiency. The office also di-

rectly contributed to the base receiving an "excellent" rating during the 2004 Unit Compliance Inspection.

"This award is a testimony to the proactive work by Maj. Mike Mills and Master Sgt. Edwin Holland," he said. Major Mills is chief, complaints and inquiries in the wing IG office and Sergeant Holland is superintendent, complaints and inquiries.

The team will now compete for Air Force-level recognition during the Worldwide Inspector General Conference in May.

AD

Remembering meaning of serving

Iraq deployment puts duty into perspective

By Lt. Col. Darlene Sanders
374th Aircraft Maintenance Squadron

I had the opportunity to deploy in support of Operation Iraqi Freedom along with four members of the 374th Maintenance Group.

We had the honor of supporting U.S. Army movements in and out of Iraq. A truly powerful experience for us all, we agree our most poignant memories come from what we observed as the most meaningful and dignified ceremony of our careers.

These ceremonies are commonly referred to as a "HRs," or human remains. This may sound irreverent or disrespectful, but I assure you the ceremony and all actions associated with the handling of our fallen heroes who made the ultimate sacrifice, were solemn and sincere.

Although these ceremonies

happened far too frequently, each one was just as memorable, just as important, and just as powerful as the first one we attended.

You did not change uniforms, you almost had little if any notice when they would occur. Many happened in the middle of the night and you did not have time to prepare yourself – you were just present.

You were present to witness the honor guard detail, sometimes composed of two or three branches of the armed services, carefully carry the fallen hero from a vehicle to the ramp of a C-130 Hercules.

You were present to honor the hero with a last salute. You were present on behalf of a grateful nation. You were present on behalf of a family you did not know. You were present to witness the scripture reading by a chaplain's assistant and prayers by the camp chaplain.

My final thoughts as we were dismissed were always that the grieving family of the person could have been witness to the dignified ceremony. I wished they knew that their loved one was honored as a fallen hero and was never left alone during the final journey home.

One of the Airman I was deployed with, Tech. Sgt. Jimmy McBee of the 374th Maintenance Operations Squadron, shared these thoughts with me, "There was a stark difference between the way they arrived, usually in a body bag aboard an Army helicopter, and the ceremony they left with. I will always remember being able to send that young man out of the country with dignity and honor."

Another Airman I was deployed with, Tech. Sgt. Todd Bynon of the 374th Maintenance Squadron, shared this: "I have been in the military over 6 years and prior to my deployment, I watched everything happen in the world from the side-lines. My jobs just felt like every day normal jobs, only

with a cooler uniform. I watched the war on television and I didn't feel my contribution mattered at all. When my deployment came around, I was anxious to go. While I was in Baghdad, I had many great experiences to go along with the scary ones. The most memorable of these experiences would be taking part in HR ceremonies. Finally, I felt like I was making a real contribution. I made a difference to the people that gave their lives in the name of honor, dignity, and everything that is good in the world. I have never felt prouder to be an American and a member of the Air Force than I did when I participated in those ceremonies."

Each day at retreat, we all have a chance to honor those who have sacrificed their lives in support of our nation. Thousands have died starting with the Revolutionary War through the present Global War On Terrorism. We should all pause not only to remember our forefathers, but all of our comrades in arms who have fallen in defense of our great nation.

Chief's Corner

By Senior Master Sgt. Lawrence Cole
374th Operations Support Squadron

As I started out in the Air Force nearly twenty-two years ago, I had a chief give me some "advice" that left an impression upon me that I'll never forget.

The chief said: "Success is what you make of it and it means many things to different people. Above all else, if you have pride then you will be successful in your own way in all that you do."

He could tell that it was information overload for this youngster. So, he dutifully laid out what pride, meant and it went kind of like this:

Perseverance. In other words, never give up. If something is worth obtaining, then you will try, try and try until you get it. Don't be afraid of failed attempts. Failure is inevitable, especially at the beginning of a venue. No one does everything perfectly all the time, however, what is learned from failure is rewarded in time with success. Thomas Edison, the great American inventor said; "When I have fully decided that a result is worth getting I go ahead on it and make trail after trail until it comes." Imagine how different things would be for us today, if he gave up after his initial failures to create the light bulb and phonograph?

Responsibility. Take responsibility for yourself and your endeavors, regardless of what they are or what you set out to accomplish. Don't leave anything to

chance or pass the buck in hopes to be added to someone else's credit later on. As you take responsibility for your actions and demonstrate pride in your performance success will be gained. Remember, credit will come in many forms, sometimes immediate and sometimes long after the deed is done. Also, taking on responsibility solely for the sake of personal credit is misguided, viewed as insincere and could diminish the value of the true successes you may have earned. I challenge you to take responsibility a step further. When you do something, give it your best. If you are not willing to take responsibility for yourself, the things you can control and "stand and deliver," why try?

Initiative. If you don't seize the initiative and seek ways to improve, create, author, develop, then someone else will. Who do you think will be successful? The Airman sitting on the sidelines complaining about what should have been done or the Airman out there making a difference and displaying "pride" in his or her performance. Colin Powell, the first African American to serve as either the Chairman of the Joint Chiefs of Staff or U.S. Secretary of State said: "Good leaders don't wait for official blessings to try things out. They're prudent, not reckless." Consider the source from where those words came from and remember it as sound advice for success.

Duty. The chief explained duty to me

like this: "Airman Cole, if you're going to cut the grass, make sure the yard you cut is the best one out there. Remember, your name is on it, so take pride in your job and success will come." At the time, I was more concerned about how I'd look with those clunky toe guards, ear and eye protection I had to wear, but through the years, I caught on. I translated duty to be along these lines: put 100 percent of who you are into what you do no matter what it is. Instead of viewing things as trivial, look at them as an opportunity to learn, grow and succeed.

Equality. Be true to yourself and others. Treat everyone with respect, fairness and courtesy. Never underestimate or undermine anyone for the person you treat unjustly today, may very well be the person you seek assistance from tomorrow. Over sixty years ago, Marian Anderson, the great American vocalist said; "As long as you keep a person down some part of you has to be down there to hold him down, so it means you cannot soar as you otherwise might."

Over two decades later, I find myself at the doorstep to becoming a chief master sergeant. Using the chief's simple word pride as a springboard towards a rewarding career, I hoped that I had lived up to what the chief laid out to me. I don't know where he is or what he's doing today, but I'm confident that his inspiring and encouraging word of wisdom will invoke "pride" to many of his fellow Airmen for years to come and that in itself is a success.



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Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

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Kaoru Corp. Design Office

Publisher

DUI Prevention

Feb. 16 – Feb. 21	1
Total DUIs in February	1
Total in 2005	3

Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't
drink and drive.
Call 225-RIDE!*

On Base

Movies

Today – *Hitch*, PG-13, 7 p.m., *The Life Aquatic with Steve Zissou*, R, 9:30 p.m.

Saturday – *Hitch*, PG-13, 6 p.m., *Meet the Fockers*, PG-13, 9:30 p.m.

Sunday – *Hitch*, PG-13, 2 p.m., *The Life Aquatic with Steve Zissou*, R, 7 p.m.

Monday – *Hitch*, PG-13, 7 p.m.

Tuesday – *Meet the Fockers*, PG-13, 7 p.m.

Wednesday – *Hitch*, PG-13, 7 p.m.

Thursday – *Meet the Fockers*, PG-13, 7 p.m.

All movies and showtimes are subject to change without notice. For more information, call 225-8708.

Benefit concert

The Yokota Cares Committee is sponsoring a special benefit concert Tuesday at the Officers' Club beginning at 6 p.m. The concert will feature professional musicians from Yokota Air Base and Chiba playing popular Broadway and American songs. The concert benefits the American Red Cross Tsunami Disaster Fund. For more information or to purchase tickets, call 225-3438.

Tour

The Youth Center is hosting a snow shoe trekking tour to Minakami in Gunma Prefecture. The cost is \$25 per person, including the tour and rental snow shoes. The tour is open to youth ages 9 to 12. For more information or to sign up, call 225-2995.

Japanese class

The Base Training and Education Services is holding a lunchtime Japanese conversational course for adults April 9 through June 9. Reg-

istration beginning March 21 for military members and March 28 for civilians. The cost is \$10 per person. For more information, call 225-7337 or visit BTES in building 314.

Promotion ceremony

The 374th Airlift Wing is holding its monthly promotion ceremony Feb. 28 at 9 a.m. in the Enlisted Club ballroom. The attire is uniform of the day. Speakers, tackers and other volunteers must be in service dress. For more information, call 225-3965.

Survey

Active-duty members and dependents are encouraged to take the Living Pattern Survey at <https://141.116.74.201/oscola/lps/japan/>. The survey impacts the Cost of Living Allowance here. The survey takes 30 minutes to complete, and it will be conducted until March 1.

Volunteers needed

The Yokota Middle School is seeking volunteers to give occupation presentations for Career Day March 4. For more information or to sign up, call 225-9671.

The American Red Cross is looking for volunteers to help with an antique sale today through Sunday. To volunteer, call 225-8631.

Volunteer recognition

The Family Support Center is accepting nomination packages for the 2004 Annual Volunteer Recognition Awards through March 16. For more information or to pick up a nomination package, call 225-8725 or the visit the FSC.

Bazaar

The Yokota High School Parent-Teacher Organization* is having an Asian bazaar March 5 and 6 at the high school's media center.

College fair

The Delta Sigma Theta Sorority, Inc. is hosting a free Historically Black College and University fair Saturday from 10 a.m. to noon at the Family Support Center. For more information, call 225-3746.

Tax season

The Yokota Tax Center opens Monday in Tower 3002 in the west housing area. The center will be open Mondays through Thursdays from 9 a.m. to 3 p.m. Community members who are filing 1040EZs will be seen on a first come, first serve basis. Community members who are filing all other forms must make an appointment. For more information, call 225-4926.

Volunteers are needed to serve as unit tax assistants. Community members are encouraged to support this program. Military volunteers should contact their first sergeant and civilian volunteers should contact the base legal office at 225-8069.

Meetings

The Latin American Club* will meet tonight at building 915 at 7 p.m. Community members are encouraged to join. For more information, call 225-7089.

The Computer Users Group of Yokota* is having a LAN party Saturday at the Yujo Recreation Center at 4:30 p.m. For more information, visit www.cugy.net.

The Air Force Sergeants Association* is holding its monthly meeting Feb. 28 at the Enlisted Club from 8 to 9 a.m. All enlisted members, including active duty, reserve and guard, are invited to attend. For more information, call 225-7007.

Scholarship

The Yokota Officers' Spouses Club* is sponsoring scholarships for SOFA-sponsored Yokota High School seniors and continuing education spouses who will attend college in the fall. Interested applicants can visit the YOSC Web site at <http://www.yosc.org>. For more

Samurai Warrior



of the Week



Staff Sgt. Tyler Weisgram

Staff Sgt. Tyler Wiesgram, 374th Civil Engineer Squadron, is this week's Samurai Warrior of the Week for displaying the Bushido qualities of sincerity and respect for one's word of honor and self control.

Sergeant Weisgram is the vehicle controller officer and flightline driving monitor. He controls 165 light- and heavy-duty construction equipment and vehicles, and 82 scooters. He licenses and maintains records for 700 military and civilian members. The sergeant also trains, certifies and monitors 250 flightline driver licenses.

information, call 227-3170 or e-mail isbetkijima@hotmail.com.

Internet services

JENS has recently upgraded its internet connection equipment to solve recurring access problems. Community members can contact JENS at hotline@jensmil.jp or call 241-4242 with any questions or concerns about the service upgrades.

Red Cross

The American Red Cross* is sponsoring a Chinese furniture sale at the Yujo Recreation Center on Saturday and Sunday from 9 a.m. to 3 p.m.

Chapel events

Protestant Women of the Chapel is holding a regional training conference March 3 through 6 at the Taiyo Recreation Center. The conference includes information about women's ministry, spiritual growth and the role PWOC plays at military installations across the globe. Women age 18 and older can attend. For more information, e-mail paradocs@yta.attmil.ne.jp.

Chapel Schedule

Traditional (West) Chapel

Catholic: Reconciliation, Sundays at 8:45 a.m., 4:45 p.m. and by appointment. Mass, Sundays at 9:15 a.m., 5 p.m.; Mondays through Thursdays, 11:30 a.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 6:30 p.m.; Korean service, Sundays at 2 p.m.

Other faiths: Baha'i, Tuesdays at 7 p.m.

Contemporary (East) Chapel

Protestant: Gospel service, Sundays at 11 a.m.; Contemporary service, Sundays at 5 p.m.

Other faiths: Seventh Day Adventist, second and fourth Saturdays of the month at 9 a.m.; Islam, Fridays at noon.

For more information on the chapel schedule, call 225-7009 during duty hours.

PO disclaimer

An asterisk (*) denotes a private organization. All POs and PO activities are not endorsed by or affiliated with the US Government, the Department of Defense, or the Department of the Air Force.

Did you know?

The base post office will be closed Tuesday from 10:30 a.m. to 1 p.m. for an official function.

AD



photo by Capt. David Westover

“Stinging” the competition

Yokota Stingrays’ Liz Bell (right) and Catlin Amis compete in a 50-meter breaststroke event during a home swim meet held at the Base Natatorium Feb. 19. The Stingrays’ Swim Team racked up eight first place and six second place finishes during the meet. Yokosuka, Atsugi, Zama and St. Mary’s International also competed in the 32-event meet that featured youth swimmers between the ages 6 and 18. Leading the way for the Stingrays was Sarah Arant who placed first in the girls’ 15-18 200-meter freestyle, 200-meter individual medley, 100-meter breaststroke and the 100-meter backstroke. Jody Hasebe claimed first place in the girls’ 11-12 100-meter and 200-meter freestyle events. In addition, Shari Moss, Jody Hasebe, Jessi Luiken and Maya Owens also earned first place honors in the girls’ 11-12 200-meter medley relay and the 200-meter freestyle relay. Other Stingrays earning second place honors included Mattie Park in the 6-8 50-meter backstroke and Taylor Nefcy in the 11-12 50-meter freestyle.

Take lesson – or two – from Dodge ball

By Chief Master Sergeant Paul H. Weseloh
376th Air Expeditionary Wing command chief

MANAS AIR BASE, Kyrgyzstan (AFP) – The sidelines erupt with yells of “He’s out,” or “She crossed the center.” The players look to the referees for a call, “Am I out or not?”

Dodge ball games at the fitness center are an integrity-based game. There are obvious hits, but the majority of hits require the player to self-identify a hit and step out of

the game. While watching a game recently, I thought how this was a classic Air Force core-values lesson on Integrity First.

Integrity is a character trait. It is the willingness to do what is right even when no one is looking. It is the “morale compass.” It is the inner voice; the voice of self-control; the basis for the trust imperative in today’s military.

Integrity is the ability to hold together and properly regulate all the elements of a personality. A person of integrity, for example, is

capable of acting on conviction. A person of integrity can control impulses and appetites.

But integrity also covers several other moral traits indispensable to national service.

✓ **Courage.** A person of integrity possesses moral courage and does what is right even if the personal cost is high.

✓ **Honesty.** Honesty is the hallmark of the military professional because in the military, our word must be our bond. The bottom line is we

don’t lie, and we can’t justify any deviation.

✓ **Responsibility.** No person with integrity is irresponsible; a person of true integrity acknowledges his or her duties and acts accordingly.

✓ **Self-respect.** To have integrity also is to respect oneself as a professional and a human being. A person of integrity does not behave in ways that would bring discredit upon him or herself or the organization to which he or she belongs. Look at the impact that alleged steroid use

is having on Major League Baseball and the integrity of the players and records involved.

✓ **Humility.** A person of integrity grasps and is sobered by the awesome task of defending the Constitution of the United States of America.

As we engage in the war on terrorism and represent our service and our country, do it with Integrity First, followed by Service Before Self and finally Excellence In All We Do. Have fun playing Dodge ball ... and have a great Air Force day!

AD

“Quotes” & Things

“I’ve lost enough weight at various times to put together an entire Little League team.”

Bubba Paris

Closures: Yokota and Wilkins Fields are off-limits until March 14, and the youth fields are off-limits until March 7. Maintenance is being accomplished on the fields for the upcoming baseball season.

The base natatorium will be closed March 10 from 5 to 11:30 a.m. for water survival training.

Football: The Yokota Raiders tackle football team is looking for new players, coaches and managerial staff. The first meeting will be in February. All SOFA-status personnel are welcome to participate. For more information, e-mail jacob.dowdell@yokota.af.mil or wolff.j@poem.ocn.ne.jp.

Baseball: The Yokota Hawks Baseball Club is seeking four players to fill out their 2005 roster. Games last through November. Try-outs will be held Sunday at 1 p.m. at Yokota Field. Participants must be 18 years or older to play. E-mail dcapps@asia.umuc.edu for more information.

Golf: The Ladies Pro/Am Golf Tournament is scheduled for March 26 at Tama Hills Golf Course. The cost is \$50 per person. For more information or to sign up, call 224-3426.

Exercise giveaway: The Health And Wellness Center and the Army and Air Force Exchange Service are hosting a Healthy Heart Exercise Giveaway at the Four Seasons from 2 to 4 p.m. Saturday. The event includes a treadmill giveaway and health demonstrations.

Strength training . . . More than just building muscle

By Cliff Franz
Health And Wellness Center

Ask the average person to list the major benefits of strength training and you’re likely to hear, “It builds muscle mass” or “It improves your appearance.”

While this may certainly be true, complimenting your cardiovascular routine with strength training offers several additional health benefits that go far beyond aesthetics.

Strength training reduces the risk of osteoporosis. It builds not only skeletal muscle, but the underlying bone structure as well. Bone mineral density typically decreases with age, especially in postmenopausal women.

Studies indicate that weight-bearing activities, strength training in particular, can slow the rate of decline and in some cases increase bone density if begun early enough.

Strength training also develops coordination and balance. Research indicates that strength training can improve stability and sharpen balance by counteracting losses in muscle strength and power that might otherwise accompany aging. This means fewer falls for the elderly and a decreased risk of hip and vertebral fractures.

The training also prevents musculoskeletal injuries. We generate forces when we perform physical activity that must be absorbed by our skeletal muscles and joints. Strengthen the musculature around a particular joint and you decrease the potentially harmful forces applied to the joint itself. And of course, stronger muscles are less likely to suffer from strains and tears.

Strength training also slows decline in strength and muscle mass

that accompanies aging. After age 20, untrained bodies lose one-third to one-half pound of muscle tissue per year. This can add up to nearly 50 percent of a person’s muscle mass between the ages of 20 and 90. Regardless of age, you can combat lean muscle loss with strength training – even people in their eighties show significant gains in muscle size and strength.

Strength training also promotes weight loss. Unfortunately, the slowing metabolic rate associated with a decrease in lean muscle mass translates into weight gain for people not exercising. But strength training, even twice a week, helps replace lost muscle mass and in turn raises the resting metabolic rate. Every

pound of muscle gained burns roughly 35-50 extra calories per day.

The training improves cardiac health. Although there is no substitute for 30-60 minutes of cardiovascular activity most days of the week, more and more research reveals that strength training provides benefits once thought only to be gained from aerobic exercise. The benefits include decreased blood pressure, increased good cholesterol, and improved immune system, not to mention decreased risk of heart disease, adult onset diabetes, and certain forms of cancer.

Before you hit the weights, always start with a proper 3-5 minute warm-up of light aerobic activity, concentrating on whole-body

movements. It is best to also include a light warm-up set before each lift.

Perform 1-2 sets for each major muscle group with a heavy enough weight to fatigue the muscle after 8-12 repetitions. If you would like more detailed information, contact the Health and Wellness Center or Fitness Center.

As with any new exercise routine, consult your physician if you’re over 40, pregnant, or have high blood pressure, back pain, arthritis or other health concern.

For more information about strength training, community members can contact the Health And Wellness Center at 225-8322 or the main fitness center at 225-6133.

‘Working out’ the basics

Keep in mind ...

✓ **Remember to warm up.** Warming up gives the body a chance to deliver plenty of nutrient rich blood to areas about to be exercised, to actually warm the muscles and lubricate the joints.

✓ **During the first week of starting an exercise program keep it light.** Work on technique-good body mechanics and slowly work up to heavier weights. Go through the complete range of motion, move slowly and with control, breathe, and maintain a neutral spine. Never sacrifice form.

✓ **Listen to your body.** Heart rate is not a good way to determine your intensity when lifting weights, it is important to listen to your body based on an overall sense of feeling of exertion.

✓ **Strength training session are recommended to last one hour or less.** Each muscle you train should be rested one to two days before being exercised further in order for the fatigued muscles to rebuild.

✓ **“No pain, no gain.”** This statement is not only false, but can be dangerous. Your body will adapt to strength training, and will reduce in body soreness each time you workout.

Strength training exercises

Consider adding these exercises when creating a strength training program:

- | | |
|--------------------------|---------------------------|
| ✓ bench press | ✓ squat |
| ✓ lat pulldown | ✓ leg extension |
| ✓ overhead press | ✓ leg curl |
| ✓ bicep curl | ✓ abdominal crunch |
| ✓ tricep pulldown | |

Additional exercises include:

- ✓ **Chest** – dumbbell fly, butterflys, incline/decline press, pushup, wall pushup
 - ✓ **Back** – seated row, one-arm dumbbell row
 - ✓ **Shoulder** – lateral dumbbell raise, front dumbbell raise, upright row, bent-over flys
 - ✓ **Biceps** – hammer curls, pull-ups
 - ✓ **Triceps** – tricep extensions (kickbacks), dips
 - ✓ **Quadriceps** – lunges, leg press
 - ✓ **Hamstrings** – straight-leg dead lift
 - ✓ **Calves** – calf raise
 - ✓ **Legs** – hip abduction, hip adduction
- (Information provided by www2.gsu.edu/~www/fit/strength.html)

AD